

# A LITERATURE REVIEW : THE EFFECTIVENESS OF USING GUIDED IMAGERY THERAPY TO REDUCE PAIN IN CHILDREN

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## ABSTRACT

**Introduction:** Pain in children is a common complain because procedures performed during hospitalization. Pain management is part of traumatic care, which is the main principle in nursing care of children.. Guided imagery is one form of self-regulation therapy. During the process, a state of deep relaxation (PMR) which allows the subject to then be guided in actively creating images that facilitate resolution of certain problems. The aims of this literature review was to find a method of Guided Imagery appropriately applied for all kinds of pain children who was experiencing hospitalization. Literature review was include 7 journals done by EBSCO host data bases, MEDLINE, SAGEPUB, Science Direct and Proquest with keyword *Child Pain*, "*Guided Imagery*", and "*Breathing Relaxation*". **Method:** The study examined in this review there are 7 experimental research. Five research experiment studies were analyzed using the method of randomized control trial and two research using quasy experiment with non random sampling technique. Variables such as Guided imagery therapy and level of pain. Population using school-age children (6 -18 years). **Result:** The findings of the experiment research describes that Guided Imagery safely and effectively reduce pain in children during hospitalization. The results of experimental research findings guided imagery techniques along with progressive muscle relaxation is more effective than breathing and relaxation techniques for reducing pain episodes and missed activities in children during hospitalization. The conclusion that guided imagery was an effective and safe treatment for children.

**Keyword :** *Child, Pain, Guided Imagery*